

## Missouri County-level Study, 2003 Summary

The Missouri Department of Health and Senior Services (DHSS) is pleased to present these initial reports, one for each of Missouri's 114 counties and the City of St. Louis, showing key chronic disease indicators. A key accompanies the reports. It shows the questions from which indicators were derived, who answered each question, response categories and "at risk" responses. The study was designed to produce county level data; however, in some instances when the sample size was too small to produce reliable county-level data, DHSS combined two or three counties with similar chronic disease profiles.

This study was the largest special survey ever undertaken by DHSS's Office of Surveillance, Research and Evaluation (OSRE) with a total of 15,000 Missourians interviewed. The Division of Chronic Disease Prevention and Health Promotion (CDPHP) (now the Section for CDPHP within the Division of Community Health) began planning for the study in January 2001.

The survey was initiated at the end of March 2002 with most of the data collected between April 2002 and January 2003. Editing, verification callbacks and additional data collection took place between February and June 2003, with data analysis and report preparation occurring from June through September 2003.

The study used standard Behavioral Risk Factor Surveillance System (BRFSS) methods and techniques. The questionnaire contained standard U.S. Centers for Disease Control and Prevention (CDC) BRFSS questions and Adult Tobacco Survey (ATS) questions as well as a few state-added questions. With one exception (the precursor diabetes question), all questions used to develop the key indicators presented here are standard BRFSS questions, some of which also appear on the ATS. Data have been weighted to be representative of the adult ( $\geq 18$  years of age), non-institutionalized population of the area covered. Questions included in the study are shown in the Key to Indicators for Missouri County Level Study, 2003. For more information about the study design, future reports, etc., contact DHSS' Division of Community Health, Office of Surveillance, Evaluation, Planning and Health Information at 573-522-2800, PO Box 570, Jefferson City MO, 65102.

### **Acknowledgements**

Project Leadership: (Bert Malone and Deborah Markenson)

Questionnaire development and study design: DHSS Tobacco Settlement Surveillance Work Group, May 2001-August 2002 (Jeannette Jackson-Thompson (Chair), Anjali Deshpande, Sherri Homan, Nancy Miller and Randy Williams)

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Reference: Missouri Department of Health and Senior Services. (2003). Missouri County-level Study, 2003. Jeffer-

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## Key to Indicators for Missouri County-level Study, 2003



Indicator	Question	Respondents	Response Categories*	At Risk
<b>G</b> eneral				
Health Status (Fair or Poor)	Would you say that in general your health is: Excellent, very good, good, fair or poor?	18 years of age or older	Excellent Very Good Fair Poor	Fair/Poor
No Health Coverage	Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's or government plans such as Medicare?	18 years of age or older	Yes No	No
<b>B</b> ehavioral Risk Factors				
Physical Inactivity	During the last month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?	18 years of age or older	Yes No	No
Current Smoker	Have you smoked at least 100 cigarettes in your entire life?	18 years of age or older	Yes No	Yes
	(if yes) Do you now smoke cigarettes every day, some days, or not at all?		Every day Some days Not at all	Every day Some days
Overweight (BMI 25-29.9) and Obese (BMI $\geq 30$ )	About how much do you weigh without shoes? About how tall are you without shoes? Note: These two questions are used to calculate Body Mass Index (BMI) (see reverse for explanation)**	18 years of age or older	Lbs. (round fractions up) Ft., in. (round down)	Overweight: BMI=25-29.9 Obese: BMI $\geq 30$
<b>D</b> isease and Conditions				
High Blood Pressure	Have you ever been told by a doctor, nurse or other health care professional that you have high blood pressure?	18 years of age or older	Yes Yes, but female told only during pregnancy no	Yes
High Cholesterol (35 years and older)	Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?	18 years of age or older	Yes No	Yes
	(if yes) Have you ever been told by a doctor, nurse or other health care professional that your blood cholesterol is high?		Yes No	Yes
Asthma	Have you ever been told by a doctor, nurse or other health professional that you had asthma?	18 years of age or older	Yes No	Yes
Diabetes	Blood sugar or glucose is a substance found in the blood. Have you ever had your blood sugar or glucose checked by a doctor, nurse or other health professional?	18 years of age or older	Yes No	Yes
	(if yes) Have you ever been told by a doctor that you have diabetes?		Yes No	Yes
Activity Limitation	Are you limited in any activities because of physical, mental or emotional problems?	18 years of age or older		Yes

## Key to Indicators for Missouri County-level Study, 2003

Indicator	Question	Respondents	Response Categories*	At Risk
<b>C</b> ancer Screening				
<b>Women</b> Never had a Mammogram	A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?	Women, 40 years of age or older	Yes No	No
	(if yes) How long has it been since your last mammogram?		Within the past year Within the past 2 years Within the past 3 years Within the past 5 years 5 or more years ago	Past 2, 3, 5 or more years ago
No Mammogram or Clinical Breast Exam in Last Year: 40-49 years of age 50-64 years of age 65 and older	A clinical breast exam is when a doctor or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?***	Women, 40 years of age or older	Yes No	No
	(if yes) How long has it been since your last breast exam?		Within the past year Within the past 2 years Within the past 3 years Within the past 5 years 5 or more years ago	Past 2, 3, 5 or more years ago
Never had a Pap Test: 18-69 years of age 70 and older No Pap Test in Last Year (18-29) No Pap Test in Last 3 Years (30-69)	A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?	Women, 18 years of age or older, intact cervix	Yes No	No
	(if yes) How long has it been since your last Pap smear?		Within the past year Within the past 2 years Within the past 3 years Within the past 5 years 5 or more years ago	<b>18-29:</b> more than one year <b>30-69:</b> More than 3 year
<b>Men and Women 50 Years or Older</b>  Blood Stool Test: Never had a Blood Stool Test and No Blood Stool Test in Last Year	A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using an home kit?	Men and Women, 50 years of age and older	Yes No	No
	(if yes) How long has it been since you had your last blood stool test using a home kit?		Within the past year Within the past 2 years Within the past 3 years Within the past 5 years 5 or more years ago	Past 2, 3, 5 or more years ago
Sigmoidoscopy/Colonoscopy: Never had a Sigmoidoscopy or Colonoscopy and No Sigmoidoscopy or Colonoscopy in Past Five Years	Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?	Men and Women, 50 years of age and older	Yes No	No
	(if yes) How long has it been since you had your last sigmoidoscopy or colonoscopy?		Within the past year Within the past 2 years Within the past 5 years Within the past 10 years 10 or more years ago	Past 2, 3, 5 or more years ago

\*Don't know/Not sure" and "Refused" were also response options. In general, for questions included on the indicator list, less than 2% of respondents refused or said they did not know. These respondents have not been included in the analysis.

\*\*Body mass index (BMI) equals weight in kilograms divided by height in meters squared. Weight in pounds (lb) is converted to weight in kilograms (kg) using the conversion fact 2.2 kg/lb. Height in feet and inches is first converted to height in inches (in), then height in centimeters (cm) by using the conversion factor 2.54 cm/in.

\*\*\*This question is not shown as an indicator but is a precursor to the following question, which is used in the creation of the composite indicator "No mammogram and BCE in last year."

Please use the following reference when citing this data: Missouri Department of Health and Senior Services. (2003). Missouri County-level Study, 2003. Jefferson City, MO: Division of Community Health, Section for Chronic Disease Prevention and Health Promotion.

